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Mucormycosis: The Current Scenario

As the deadly second wave of COVID-19 ravages India, doctors all over the nation are reporting cases involving a rare infection called Mucormycosis, falsely named “the black fungus”. This fungal infection is pushing some recovered covid patients into yet another deep crisis.



Mucormycosis is a serious but rare fungal infection caused by a group of fungi called Mucormycetes.

These fungi are commonly found in soil, plants, manure and decaying fruit and vegetables. It is ubiquitous and is found in air and even in the noses of healthy people. It mainly affects people whose immunity is suppressed e.g. people with diabetes associated with ketoacidosis, patients on chemotherapy and transplant patients on immunosuppressive drugs. It can affect the sinuses, the eyes, the brain and the lungs.

This sudden surge in number of Mucormycosis cases can be attributed to the new mutant of the covid virus which raises the blood sugar level in diabetics and also in non diabetics. It can also be attributed to the use of steroids, a life-saving treatment for severe and critically ill COVID-19 patients. Steroids act as a double edged sword. They reduce inflammation in the lungs for COVID-19 and help to curtail cytokine storm, however they also reduce the immunity and raise blood sugar levels. Diabetes lowers the body’s immune defences, corona virus-2 further impairs the defences while steroids add fuel to this situation. It is thought that this drop in immunity could be triggering the current increase in cases of Mucormycosis.

Mucormycosis has an overall mortality rate of 40-70%. The mortality rates are higher if there is an involvement of the brain or orbit (socket of the eye). This is especially true if the disease is detected late. So, early diagnosis of mucormycosis is of utmost importance and being vigilant about the early signs and symptoms can help. Patients suffering from Mucormycosis typically have symptoms of numbness of the face, bleeding from the nose, swelling and pain in the eye, drooping of eyelids, blurred or loss of vision, facial pain, headache, dental pain, oral ulcers, etc. There could also be a black crust inside the nose.

Depending on the diagnosis, the doctors then formulate the treatment method which includes administering anti-fungal medicines and extensive surgical debridement of the involved tissue to reduce the fungal load.

Judicious use of steroids during COVID treatment, tight control over blood sugars and ensuring normal function of other organs during treatment of Mucormycosis is vital. If the early signs are ignored and treatment is delayed, the complications that follow may require surgery and in some cases can cause disfigurement of the face and may require further corrective surgeries.

We at KEM hospital are at the forefront of this war. Physicians have become more vigilant for symptoms and signs of Mucormycosis. These symptoms are identified early by them and prompt referrals are made to otorhinolaryngologists and ophthalmologists. Radiologists assist in diagnosis by pinpointing the extent of disease on imaging which helps in early interventions. A definitive diagnosis is based on histopathology of the tissue.

ENT surgeons along with anaesthetists and the OT team have been working round the clock. The surgical interventions involve nasal debridement to decrease the bulk of disease. Some patients may require repetitive debridement while some require retrobulbar injection of Amphotericin which has proved to be of benefit in some patients. Some may require extensive surgeries like orbital exenteration if the orbit is involved, maxillectomy if pterygopalatine and infratemporal fossa are involved and neurosurgical intervention if intracranial extension is present. Timely intervention will avoid further complications. All this requires the joint effort of a team comprising of otorhinolaryngologists, ophthalmologists, anaesthetists, physicians, radiologists, pathologists, microbiologists, maxillofacial surgeons, neurosurgeons and nurses.

Pathologists and microbiologists have an immense role in the management of Mucormycosis. They have been speeding up the reporting process despite their increased workloads. It is because of their early diagnosis, that early intervention and management has become possible.

The medical management by physicians involves administration of antifungals like Liposomal Amphotericin B, Posaconazole and Isavuconazole with close monitoring of renal function. These are expensive drugs and due to the excessive surge in patient load there is a shortage in availability.. The Administration and Pharmacy are striving hard to make these medicines available.

In this difficult time of with the current pandemic, when doctors are overburdened with COVID-19 patients, Mucormycosis has become a challenging affair. There is no doubt that the 'Black Fungus' is has a cascading effect, adding to our COVID woes. Doctors and healthcare workers are fighting relentlessly and dealing with this efficiently with teamwork.

The only way to get out of this with minimal all round damage is to stay vigilant.



Dr. Nikhil Gokhale

Associate Consultant - ENT

Exercises for Diabetic Patients

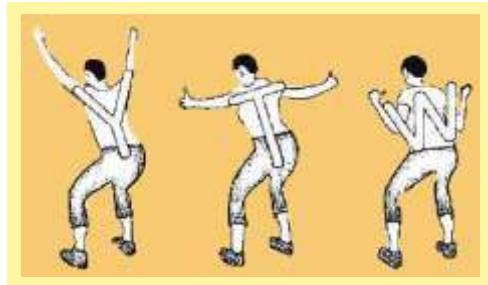
During these perilous times of lockdown and the pandemic, the most common issue a person with diabetes would worry about would be a setback to their fitness levels. Most of them are unable to go on walks, jog, use the gym and keep up with their optimum fitness levels. What is to be done about these issues? How do we ameliorate this situation?

Worry not! The Physiotherapy Department of our hospital has something to share with you. First we would like to explain the 'WHY'. Why should you exercise? Why should you be physically active? According to a joint position statement made by the American College of Sports Medicine and the American Diabetes Association in 2010, "the maintenance of normal blood glucose levels at rest and during exercise depends largely on the co-ordination and integration of the sympathetic nerves and the endocrine system." Roughly translated it would mean that a good exercise regimen prescribed by your Physiotherapist in conjunction with your Physician would lead to decreased insulin resistance and in turn decreased blood glucose levels.

The adoption and maintenance of physical activity are critical foci for blood glucose management and overall health in individuals with diabetes and pre-diabetes. All adults and particularly those with Type - 2 Diabetes, should decrease the amount of time spent in daily sedentary behaviour.

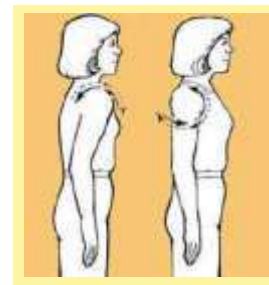
Thus a few sets of exercises that most people with diabetes of all age groups can easily perform at home as maintenance therapy would be as follows:

FOR YOUR ARMS



Y-T-W

Make a Y with both your arms up in the air
Make a T with both your arms on the side
Make a W with both your arms at your side and elbows bent. Repeat 10 times.



SHOULDER CIRCLES

Place your hand on your shoulder while bent at your elbows.
Rotate your shoulders clock-wise and counter clockwise. Repeat 10 times.

FOR YOUR LEGS



HEEL RAISES

Stand with your feet flat on the ground. Use a chair or a railing for support. Raise heels up and down. Repeat 10 times



SQUATS

Stand with your feet shoulder width distance apart and point your toes slightly outwards. Bend slowly and slightly from your knees and come back up.

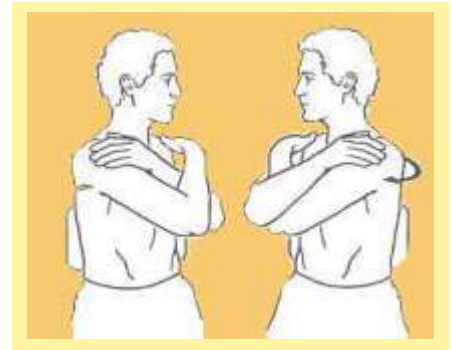
To be performed with precautions if you're facing issues of the knee of any sort.

FORTRUNK (TORSO) MOBILITY



TRUNK FLEXION – EXTENSION

Place both your hands across your chest to form an X. Flex forwards and extend backwards as tolerated and easily achieved. Repeat 10 times.



TRUNK ROTATIONS

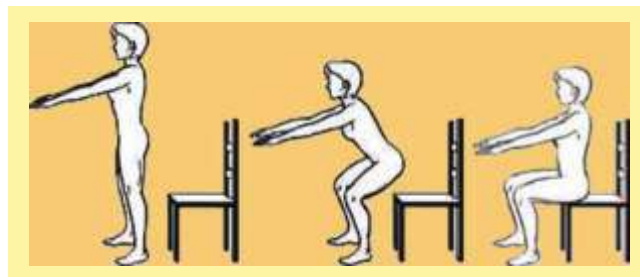
Place both your hands across your chest. Turn your torso to your right and then left alternatively as tolerated and easily achieved. Repeat 10 times.

FORYOUR ENDURANCE



SPOT MARCHING

March upto 50 times where you are standing. You may use the support of a chair if required.



SIT TO STAND

Take a sturdy chair with arm supports. Stand up and sit down alternatively. You may take a break in between reps if required. Repeat 10 times.

BREATHING EXERCISES



PURSED LIP BREATHING

Sit comfortably. Take a deep breath in through your nose (like when you sniff a rose) and release the breath in a relaxed manner out through your mouth (like when your blow out a candle). Repeat 10 times. You may take breaks in between reps if required.

Dr. Ayushi Garge
Consultant Physiotherapist



Dr. Rutika Tavargeri
Consultant Physiotherapist



Rate Your Plate

We Indians are foodie. Specific type of food is allotted for each stage of life from birth to death. We celebrate each month, each festival with special type of food. We even haven't spared lockdown! There were highest no. of views for various fancy recipes on youtube and almost every household made cakes, breads & pizzas to 'celebrate' first lockdown. After unlock we have seen our opd patients visiting with increased weight and impaired glycemetic control.

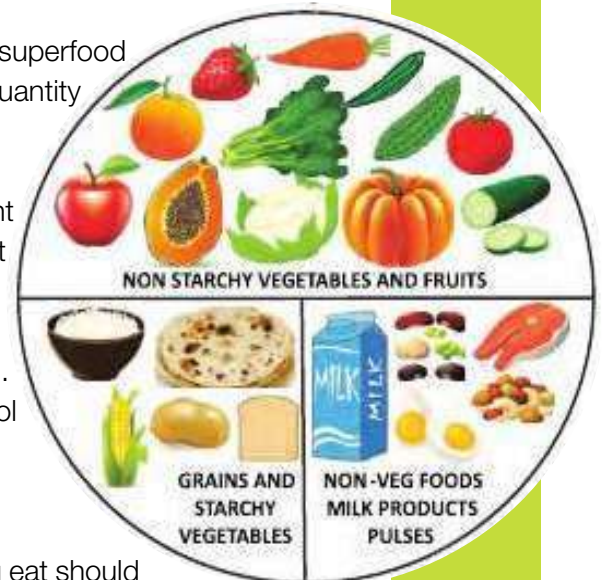
To set the metabolic profile back on track, what we need is not a superfood but a balanced diet. Choosing healthy food options in moderate quantity is key to achieve this.

Rating your plate method is a useful tool to guide eating the right foods in the right portions. It is an easy way to shape up the diet and eat healthy.

Fill half of your plate with a variety of colorful fruits and vegetables. They are loaded with fibre which helps to control sugar & cholesterol and act as prebiotic. More colours = more vitamins, antioxidants. Eat at least 5 servings of vegetables & fruits in a day.

Only a quarter of your plate should be filled with grains. Grains you eat should be whole grains. Eg: whole-wheat flour, millets and brown rice.

A quarter of your plate should be filled with protein foods. Lean meats, fish, poultry, tofu, Beans and lentils are great sources of protein. Include at least 2 cups pulses & legumes. Also include at least 1– 2 cups of curd/buttermilk (Homemade curd contains several species of the Lactobacillus so is a great probiotic to promote gut health.) Include a handful of nuts & seeds in daily diet. They are good source of omega 3 fatty acids. Eg: flax or chia seeds, pumpkin seeds, almond, walnut, sprouts.



Eat right, Choose healthy options Avoid all fast foods Eat moderately
Avoid or minimise processed grains Add variety to your meals
Eat moderately Make a meal plan Avoid all fast foods

Dr. Neelima Thuse - Nagarkar

Registered Dietician
 Certified Diabetes Educator, Diabetes Unit





Procedures in Focus



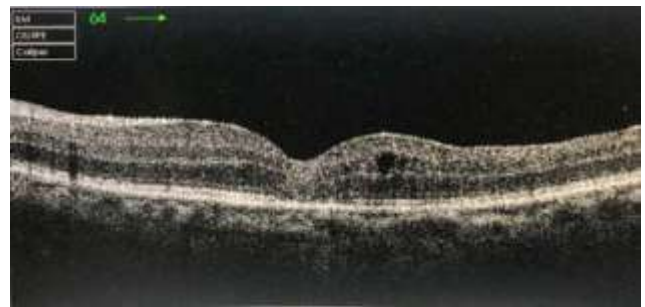
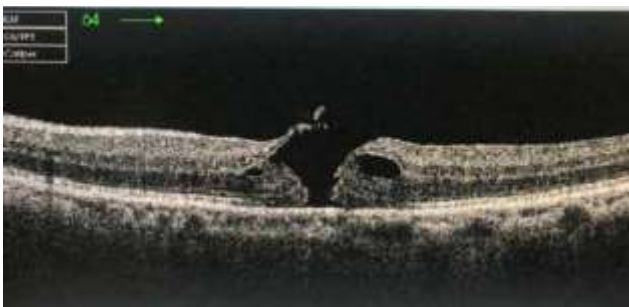
Vitreo - Retinal Surgeries in Department of Ophthalmology at KEM

In what would be a beneficial initiative for the patients, the Department of Ophthalmology at KEM Hospital, Pune has started Vitreo – Retinal surgeries. In addition to OPD Treatment with Laser for Diabetic Retinopathy, ROP screening and Treatment, Intravitreal Injections for Diabetic Retinopathy and Vein Occlusions, the entire range of surgeries for Retinal diseases is now available at KEM which will be beneficial especially for diabetics.

With an expert team combined with state-of-the-art infrastructure and modern equipments, the department is now well equipped with Geuder Vitrectomy machine from Germany, Iridex Green Laser, Zeiss Microscope and EIBOS wide angle viewing system.

Vitrectomy is a surgical procedure performed to give better access to the Retina. The procedure involves removing vitreous fluid that fills the eye cavity. The procedure allows a variety of eye repairs. It is performed for numerous indications like Rhegmatogenous Retinal Detachment, Vitreous Haemorrhage and Tractional Detachment in Diabetic Retinopathy, Macular Hole, Epiretinal membranes, subluxated and dislocated Cataracts or IOL, Ocular Trauma, Perforating injuries with Intraocular Foreign Bodies, and Intraocular infections (Endophthalmitis).

Female patient age 60 years was operated for LE Senile Cataract and macular hole in Feb 21 and a combined surgery was performed. Cataract surgery by phacoemulsification with fold IOL was performed by Dr. Sanjay Shah and vitrectomy with ILM peeling with gas injection was done by Dr. Nitant Shah (Vitreoretinal surgeon).



Patient regained 6/9 vision postoperatively



Dr. Sanjay Shah

HOD & Consultant - Ophthalmology

Doctor's Day Off

Featuring: Dr. Sanat Phatak,

Associate Consultant, Rheumatology & Immunology

On his days off, Dr. Sanat enjoys origami- which translates into paper (kami) folding (ori). The ancient Japanese art of objects out of folded paper without cutting or sticking, has now evolved to a science used in many applications from space to medical devices.

Sanat does it as a hobby and finds the colours and the textures meditative!





Events and Activities

Physiotherapy Webinar On 'Fitness Training for Diabetic Patients in the COVID Pandemic'



The Physiotherapy Department and Diabetes Unit of KEM Hospital, Pune conducted their 4th webinar in series on the topic 'Fitness Training for Diabetic Patients in the COVID Pandemic'. Dr Smita Dhadge, Consultant Diabetologist addressed 51 participants with a formal introduction and the closure of the webinar. It was a general informative session that included a short exercise prescription program and a dietary consultation from Dr. Neelima Thuse - Nagarkar.

Dr. Rutika Tavargeri and Dr. Ayushi Garge from the Physiotherapy Department demonstrated a few simple exercises.

KMC DAY celebration: 15th May 2021

Kangaroo Mother Care is the precious gift of warmth, love and security that a mother provides to her baby. Kangaroo Mother Care refers to the practice of providing continuous skin-to-skin contact between the mother and the baby. It is the most effective, readily available and preferred intervention for decreasing neonatal morbidity and mortality in developed and developing countries. KMC is extremely beneficial for babies who are born prematurely and have low birth weights.

KMC was first proposed in 1978 by Dr. Edgar Rey and Dr. Hector Martinez. It was initiated in Bogota, Columbia in response to the problems arising due to shortage of incubators and the adverse impact of separating women from newborns in the Neonatal Care Units.

It is based on three components: Kangaroo position

(skin-to-skin contact between mother and infant), breastfeeding and timely discharge with close follow-up.

WHO Recommendations

Kangaroo Mother Care is recommended for the routine care of newborns weighing 2000 g or less at birth, and should be initiated in health-care facilities as soon as the newborns are clinically stable.

Intermittent Kangaroo Mother Care, rather than conventional care, is recommended for newborns weighing 2000g or less at birth, if continuous Kangaroo Mother Care is not possible.

According to WHO it is estimated that every year more than 20 million infants are born weighing less than 2.5 kg, of which 96% are born in developing countries. Research suggests that KMC is a safe and effective alternative to conventional neonatal care, especially

in resource limited settings. Various studies have compared KMC to conventional neonatal care and KMC was found to reduce mortality at discharge and also reduce severe infections/ sepsis, nosocomial infections, hypothermia, severe illness and respiratory tract disease in low birth weight babies.”



Celebrating World Human Milk Donation Day in the NICU



We celebrated 'World Human Milk Donation Day' in the NICU on 19th May 2021. This day is celebrated annually as the internationally designated Day for Human Milk Donation since 2004. It originated in Brazil as a national event. Brazil has the maximum number of Human Milk Banks (HMB) in the world and is well known as the global leader in Human milk banking. Currently India has around 84 HMBs out of which 5 are in Pune. 'Nectar', our Human Milk Bank has been functioning successfully for almost three years now.



This day is celebrated to promote the importance of donating human milk. It is now celebrated by milk banks and milk bank supporters globally (approx. 750 human milk banks in 66 countries). It is estimated that more than 800,000 infants receive donor human milk each year and 1 million litres of milk is donated annually. This is crucial to support optimal nutrition and breastfeeding in infants, especially premature infants or 'preemies'.



The event was organised by our Lactation consultants Rashmi Poduval and Sayali Sathe. Dr. Madhur Rao graced the occasion as the Chief Guest. He encouraged and thanked all the donor mothers for their contribution and appreciated the entire team of Nectar HMB for their efforts.

Mothers whose babies are currently admitted in the NICU attended the program along with NICU Resident doctors and Nursing Staff. The purpose of the celebration was to create awareness about human milk donation and its immense benefits for preterm and

low birth weight babies.

The programme began at 11:30 AM, at NICU conference room. Ms. Sayali Sathe gave the introduction about the day, its background and spoke about its importance.

Year	Total volume of donor milk collected (ml)	Total number of donor mothers	Total number of recipient babies who benefitted
2018 (June onwards)	28,152 ml	63	51
2019	56,366 ml	118	259
2020	66,719 ml	113	84
Total	151.237 L	294	394

Ms. Rashmi Poduval then gave a brief history about the Nectar Human Milk Bank and spoke about the progress that they have made, since its inception. She also presented the milk bank statistics of last the 3 years. It has been a great success which is quite evident by the data.

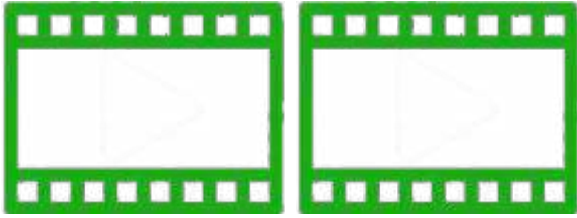
Dr. Rao was requested to felicitate few of our donor mothers who have donated maximum breastmilk to the milk bank and the mothers shared their experiences about how being a milk donor has brought so much satisfaction and joy to them.

Later a small milk donation camp was conducted in the NICU feeding room. After that the Lactation consultants also took a lecture for the nursing staff about the practical aspects of milk banking, answered all their queries regarding milk storage and pasteurization techniques.

Breastmilk is truly precious and even small quantities of milk donation can be really valuable for a fragile and critical baby who is unable to receive his/her own mother's milk for some reason. Continuous and generous milk donations are vital for successful functioning of any milk bank. When more and more mothers donate their precious milk the breastfeeding rates in that unit also go up drastically.



Video Gallery



On this International Nurses Day, let's take a moment to acknowledge the contributions nurses make to society and take all the necessary precautions as directed by our ever-obliging nurses.

Here are our Nurses demonstrating the precautions you should be taking, in style!



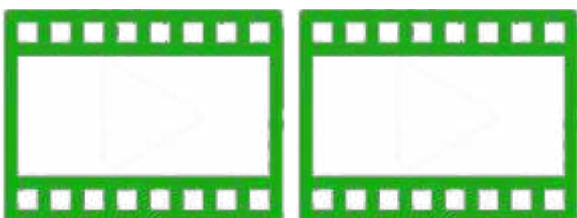
How to tackle Asthma

Dr. Parag Khataavkar, Consultant Pulmonologist, who is going to tell you about how to tackle Asthma, what precautions one must take, what the triggers might be and much more!



Patterns and signs of mental stress to look out for in children

Dr. Suchita Agrawal from our psychiatry department to enlighten us and tell us more about the patterns and signs of mental stress to look out for in children, what preventive measures to take for the same.





Team KEM



Dr. Mudassar Kharadi, DNB (General Medicine), DNB (Neurology) has joined us as an **Associate Consultant Epileptologist**.
OPDTimings: Every Friday, 9.00 AM – 11.30 AM



Dr. Priyanka Walzande –Tonde, MD (Medicine), DM (Neurology) has joined us as an **Associate Consultant Neurologist**.
OPDTimings: Every Friday, 9.00 AM – 11.30 AM



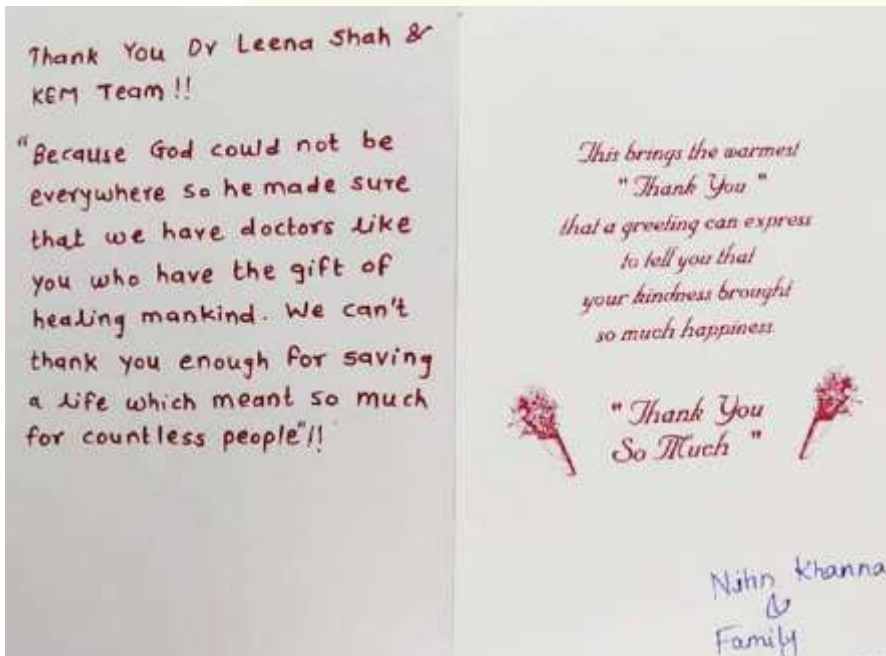
Dr. Ashish Kale, DNB (General Surgery), FNB (MAS) has joined us as a **full-time consultant Surgeon**.
OPDTimings: Every Saturday, 9.00 AM – 11.30 AM



Ms. Geetha Jaganathan, has joined the KEM team as a **Manager – Purchase**.



Testimonials





Not only one, but all the staff, doctors and attendants were very cooperative. We are really grateful for them for taking care of our child.

- Relative of patient from Nursing Home 2nd Floor



Excellent arrangement for vaccination equally supported by all KEM staff. Good experience.

Nice service. Staff is very much co-operative. Very much developed services compared to earlier years. Thanks. Keep it up.

Excellent service. Happy to be vaccinated.



Feedback For Vaccination Programme

Vaccination process is very good, everyone is very cooperative and polite. Very efficient. Thank you for everything. There is no pain and no any side effects.

Very nice service.
Good Doctors. Polite staff.
We are very satisfied.
Thanks a lot.

Came here to KEM Hospital for vaccination. Very organized. Courteous staff.

Besides being extremely neat and clean the whole process of vaccination is conducted experience with ease and comfort. The staff is extremely patient & helpful. Overall an excellent

Good service & attention. No problem at all. Vaccination given very nicely.
Satisfied with all the services.

The hospital staff was quite friendly. After taking the vaccine, did not feel any side effects (P.S. it is been 30 min since I took the vaccine)

It's very good arrangement.
Well done. Thanks to KEM Team. I am proud of it.

Your feedback is important for us!

Had a pleasant experience on taking vaccine at KEM Hospital. Process was really quick & all the staff was professionally trained.

The entire process of vaccination is highly streamline and we did not find any difficulty.
Thank you so much.

Staff is courteous. It was a smooth experience. The vaccination process.
Thank you!

I felt the service was very good. Everybody was polite & helpful. The hospital was very clean all were very hygienic. It was very well organized the vaccination didn't feel any pain.
Thanks to all the staff in this department.

Thanks to KEM Hospital for showing special concern for arranging a Senior Citizen group service/ Vaccination Drive with good care/ hospitality. We both are Diabetic under KEM Hospital care.

It is wonderful experience. Courteous staff & very helpful. Allayed all fears about the reaction/after effects (if any) of the vaccine.

Got my first dose of COVAXIN on 23.3.2021 at 1.00 pm. The service was good, friendly and efficient. Thank you.

Thank you so much very warm people. Trained staff made it more easy.
Cheers to KEM!!

Quick & excellent service. Very polite & courteous staff members. Excellent arrangement.

I am satisfied with the wonderful service. Very good care taken by the hospital. I wish all the best. Keep on the good services.
Thank you

Overall arrangement is excellent. All staff guiding very well. Overall experience - very nice.





Health Awareness Communication

World Asthma Day

Timely medication and avoiding triggers can help reduce the severity of asthma

Asthma Triggers

- Outdoor Pollution
- Certain Medication
- Pet Hair and Dander
- Cold Weather
- Dust Mites and Mold
- Smoke
- Certain Allergens

For more information call 020 2621 7460 | 020 6603 7460

National Children's Mental Health Awareness Day

9th May National Children's Mental Health Awareness Day

Help us to be mentally strong and confident by encouraging us to express our feelings, thoughts and ideas.

020 2621 7460 | 020 6603 7460

World Chronic Fatigue Syndrome Awareness Day

Are you sick and tired of being sick and tired?

You could be suffering from **Chronic Fatigue Syndrome**

Diffused body pain Depression
Flu-like symptoms Stress and anxiety
Poor concentration Headache and dizziness

Don't ignore the symptoms!

CONSULT A PHYSICIAN

020 2621 7460 | 020 6603 7460

International Women's Health Day

Put yourself higher on your to-do list

Avail of KEM's Women's Health Care Package

28th International Women's Health Day
MAY

020 2621 7460 | 020 6603 7460